

# EAT TO WIN FOR ATHLETES

## TIPS TO LOSE BODY FAT

### DON'T FOLLOW A FAD DIET

- Avoid low-carbohydrate plans like Atkins or the keto diet.
- Such diets may bring rapid weight loss — but weight lost is usually water and glycogen stores.
- This can hamper training, performance, and recovery.

### DO FOLLOW A HEALTHY DIET

Be sure to eat:

**60%**  
CALORIES FROM  
CARBS



**20%**  
CALORIES FROM PROTEIN

**20%**  
CALORIES FROM FAT

- Eat at least 30 calories per kilogram of body weight each day, to avoid weakness.
- Consume 1.5 grams of lean protein per kilogram of body weight daily, to prevent the loss of lean body mass
- Stay hydrated. Water is best.

### CREATE A CALORIE DEFICIT



### TO LOSE 1 POUND OF WEIGHT:

- Eat 300 to 500 fewer calories a day, for a week
- Or burn 3,500 calories

### CONSUME **6** SMALL MEALS/SNACKS A DAY

Every time you eat, you rev up your metabolism. Eating highly nutritious, small meals stabilizes blood sugar and prevents hunger.

### BE SURE TO:

- Include protein and fiber in every meal.
- Eat whole foods.
- Eat high fiber, filling foods such as lettuce and watermelon.



**AVOID** empty calories from sugar and alcohol.

**AVOID** processed foods.

